





The Gourmet Restaurant Homemade Korean Kimchi Lunch Buffet \$7,50; Dinner \$11,50 Take out & Delivery Available

THURSDAY, NOVEMBER 22, 2012

Diner clash Red tape holds up expansion Page 3

lappy trails Wainfleet joins provincial program New publisher
John Tobon takes the helm Page 6

**Koats for Kids** And adults, too Page 15

**INPORTANEWS** 

SERVING PORT COLBORN SHERKSTON · LOWBANKS · ISSUE NO. 47 VOLUME 16

■ SKATEPARK: Snack stand suggested at Lock 8 park

## Somethi to chew on

MARYANNE FIRTH InPort News Staff

PORT COLBORNE - If you build it, they will come. But once there, skaters may get thirsty

While construction of Port Colborne's new skateboard and BMX park is well underway, the mayor's youth advisory council is thinking well past its completion.

The group sought approval from council to investigate the construction of an additional marine themed structure at Lock 8 Park to be used for further fundraising opportunities.

The structure would be used to sell snacks and refreshments, and as a hub to facilitate various events at the skatepark once it's up and running. Proceeds would support MYAC's \$70,000 commitment to the city for the construction of the park, which is expected

to cost a total \$846,377. see SKATE PARK I page 2



SUPPLIED ILLUSTRATION Port Colborne's mayor's youth advisory council gained approval from council Tuesday to investigate construction of an

additional marine-themed structure at the site of the skatepark at Lock 8 Park. MARGARET ANN GIGANTI... HELPING YOU FIND YOUR WAY HOME!



11031 LAKESHORE RD., PORT COLBORNI What's a clean sandy beach, stunning lakefront views and large open concept home worth to you? Owner says "torone asking

333 BEECHWOOD AVE., CRYSTAL BEACH

Investment, summer fun or both! Get the best of all worlds nly rentable, immaculate 3 bermom. Year round ROYALLEPAGE

368 King St., Port Colborne Phone: 905 834-9000 Direct: 905-321-9009

margaretann@rovallepage.ca

# upfront

SKATE PARK

# **Grand opening scheduled for spring**

FROM PAGE 1

agreed to staff the structure The additional structure will only be constructed if sponsorship can be found and it is built at zero cost to Doucet told council.

Ward 3 Coun, Bea Kenny for free and will pay for the asked that maintenance of merchandise that is sold within, Ward 2 Coun. Yvon committee. "It will not cost the city a penny," he stressed.

the structure also be covered by the youth advisory

Having obtained council's approval Tuesday,

city staff will now move forward in meeting with potential sponsors that have expressed interest, obtaining cost estimates and meeting with representatives of the St. Lawrence

in hopes of gaining permission to build the addition on the property. Construction of the park is on budget but slightly behind schedule. Work is

expected to be completed later this month with a grand opening celebration to take place in the spring.

marvanne.firth@sunmedia.ca Twitter: @mfirthTribune

FESTIVE SPIRIT: House tour supports youth and family outreach programs

# Holiday homes await visitors

DAVE JOHNSON InPort News Staff

MYAC members have

PORT COLBORNE - Even though Christmas is still more than a month away. people taking part in an annual house tour will have a sneak peek into homes already decorated for the holiday season

The fifth annual Port Colborne Winter Celebration Holiday House Tour takes place on Saturday, Nov. 24, from noon to 5 p.m. at six locations in the city.

Bonnie Harris, a member of St. James and St. Brendan Anglican Church and a house tour volunteer, said the event supports youth and family outreach programs at The Hub and Guild Hall.

"On average, we raise \$7,500 from it," she said Wednesday morning, adding there's only 300 tickets for the tour.

"We have a very gener-ous community," added Rev. Robert Hurkmans of St. James and St. Brendan Anglican Church.

There's usually five or six homes on the tour each vear that are decorated for the holidays, with the interiors all done up nicely, said Harris

Though organizers try not to repeat homes on the tour each year, there are people that want to be a regular part of it. Harris said. Cindi Pohonick-Talbot

was one who opened her Tennessee Ave. home for a

The homes on this year's tour are a mix of historic and new Volunteers will be inside each as visitors

Harris said the homes are kept secret until the day of the tour when a map is given out at the Guild Hall, at 72 Charlotte St. The Guild Hall is the starting location and where tickets are purchased the day of

the tour. Hurkmans said in addition to the tour, there's an "awesome lunch" at the Guild Hall and a silent auction with craft vendors and more there as well.

More information can be found at www.wintercelebration.org.

## **HOUSE TOUR**

- Tickets are \$15 in advance. \$20 at the door
- Tickets can be purchased. at Something Else, Family Shoe Store, LakeBreeze Bed and Breakfast and St. James and St. Brendan Anglican Church.
- Sponsors include LakeBreeze Bed and Breakfast, Something Else, Scotiabank, Davidson Funeral Home, Boggio Family of Pharmacies, Port Paint and Paper, Business Express Centre, Giant FM. Niagara Insurance, Family Shoe Store and Super Service Rubber Stamp and



Bonnie Harris, a volunteer with the fifth annual Port Colborne Winter Celebration Holiday House Tour, and Rev. Robert Hurkmans of St. James and St. Brendan Anglican Church are encouraging people to take part in the annual tour.

Sidey's Flowers & Gifts

216 King St., Port Colborne

www.sidevsflowers.com . 905:834:36361



■ BUREAUCRACY: Domenic's Diner owner facing fees four times as high as expansion costs

# Red tape hard to swallow

MARYANNE FIRTH InPort News Staff

WAINFLEET - Domenic Chirico is tired of seeing red - tone that is

The owner of Domenic's Diner was looking to expand his restaurant at Chambers Corners to add 30 seats, but after inquiring about associated costs through the Township of Wainfleet his plans have come to a halt. Chirico, a Fenwick resi-

dent and longtime restaurateur, wanted to put a portable, similar to those found at schools, beside his establishment. Installed with beating and air conditioning, the portable would cost about \$4,500, he said.

But when he contacted the township, he learned fees to legally put the addition on the property would amount to a whopping \$19,000 The seven-by-nine-metre

portable could have either been attached to the west side of the existing building or left detached, Chirico said. It was to be used as additional seating during the diner's weekly car show held each Sunday during the warmer months, as well as for special bookings such as showers and large group gatherings

To build an addition of a comparable size would have cost upward of \$140,000, he added "I need those 30 seats so I

can stay alive," Chirico said of the restaurant, which now has about 60 seats. From the time he pur-

chased the property two years ago, he bad planned to expand. But since learning of the

exorbitant costs, Chirico has put his business up for If assistance were avail-



Domenic's Diner owner Domenic Chirico says red tape has prevented him from expanding seating at his establishment at Chambers Corners in Wainfleet

able, however, he said he would "take if off the market tomorrow Despite the For Sale sign

in the window, the restaurant remains open. The fees required for the addition to move for-

ward come not only from the township but also from Niagara Region and the provincial government, said Grant Munday, Wainfleet's manager of planning. As the property in ques-

tion is commercial, it is subject to site plan control by the township, which comes along with application fees.

It's also at the junction of a provincial highway and regional road, which adds to the cost.

Expanding the establishment may mean increased traffic at the intersection,

Munday said, and a traf-

Ministry of Transportation before the project can move forward Development charges from both the township and the region also apply to the

expansion.

I understand people are not thrilled but Idevelopment charges do serve a purpose and benefit the community."

Wainfleet Mayor April Jeffs

fic study is required by the The town charges \$3.96 per square foot and the region \$6.46 per square foot for commercial properties. A permit fee of \$1.17 per square foot is also required

for an addition to a restaurant, Munday said. Without an official detailed proposal submitted, it's diffi-

cult to tell what the final total would be, he added. While some municipalities offer incentives for business

have any programs in place, Munday said

nomic development needs of Wainfleet's business owners are being met and what steps expansion and new develcan be made to assist where opment, Wainfleet does not needed

ship council meeting a pre-

sentation was to be made by the region to outline incen-

tives that may be available

explore the idea of commu-

nity improvement plans to

assist businesses, but that's

"It all boils down to a fair-

If the township gives relief

on development charges to

one business or developer,

others will expect to receive

Criteria must be devel-

oped if incentives are to be given, he said.

If the town were to forgo

development fees, it would

have to recoun them else-

where, which could fall on

taxpayers' shoulders, he added

"I understand people

are not thrilled but they do

serve a purpose and benefit

the community." Wainfleet

Mayor April Jeffs said of

to make things difficult for businesses," she said, adding

she is "sympathetic" with

leffs said she's always

onen to discuss these situ-

ations with local business

owners and residents, but

has yet been approached to

speak with Chirico about the

In the coming months,

the township, Jeffs said, will

be working with Niagara

Region's recently appointed

director of economic devel-

opment, Diane Simsovic, to

determine whether the eco-

"We certainly don't want

development charges.

Chirico's situation.

eltustion

the same courtesy, he said.

all at council's discretion.

ness issue," Munday said.

The town, he said, could

locally.

marvanne.firth@sunmedia.ca At Tuesday night's town- Twitter: @mfirthTribune

## **INPORTANEWS**

Published by InPort News Sun Media Corp.

228 East Main Street, Welland, Ontario, L3B 5P5 Tel: 905-732-2414 Fax: 905-732-3660

inport.news@sunmedia.ca John Tobon, publisher, print & digital Dave Johnson, Inport News senior reporter



**■**ourview

## Wakey wakey

t's important to remember, when discussing debatable t's important to remember, when the caffeine merits of energy drinks and products, that caffeine is a drug. Like most drugs it is used recreationally, and medicinally, for a variety of reasons with a variety of effects. It can help people. And it can really, really hurt

Last week the energy industry hit another low, when the U.S. Food and Drug Administration announced it is investigating 13 deaths that may be linked to "energy shots." The FDA has received 92 reports of illnesses occurring after the consumption of 5-Hour Energy, a product also sold in Canada.

The news sparked renewed calls north of the border for a ban on sale of energy drinks to anyone under the age of 19, and led to reiterated warnings about mixing energy shots and drinks with alcohol

Naturally then ensued the backlash-- consumers of energy products do not need Big Brother monitoring their heart rates, and what about all those who drink coffee? Energy drinks in Canada are classified as "natural health products" and manufacturers are required to print their caffeine content and recommended dosage on their labels. Unfortunately there is evidence those labels are

Health Canada recommends adults consume no more than 400 mg of caffeine daily, rough equivalent of two bottles of 5-Hour Energy, or five small cups of Tim Hortons joe.

sometimes understated

Beverages marketed as energy drinks and containing caffeine must be distinguished from coffee, tea, cola and other caffeinated beverages as they can be highly concentrated. Further, energy products are relatively new to store shelves--while representing one of the fastest growing beverage markets in North America -- and youth and their parents don't necessarily have information to make healthy choices.

The sale of energy drinks containing high levels of caffeine needs to be regulated in the same way as spirits

Caffeine is the world's most widely used psychoactive drug, consumed by 90% of adults daily. In large doses it can be toxic, and as little as 250 mg a day can lead to caffienism, an addiction characterized by heart palpitations, headaches, nervousness, irritability and

Consuming caffeine can also make a person feel alert and clear-headed

But then so can a good night's sleep,

COLUMN

## I've been thinking about morality

REV. THOMAS P. ARTH First Evangelical Lutheran Church

ecently I was watching the news and there was a piece about religion in China. The report stated that young people are increasingly returning to religion, something that was practically outlawed for decades. While still somewhat controlled, religion is becoming somewhat freer and the government has even recognized the benefits of religion for psychological support and moral education

That got me thinking and wondering about just how religion and the church here in North America provide moral education. During the recent election campaign in the U.S., besides the overwhelming focus on economic issues, there was also some discussion

of certain moral issues. It would appear to many, at least

from what we heard in the media and from the candidates, that the only moral issues that matter these days are abortion and same-sex marriage. In speaking to those topics each side in the political debate was only too ready and eager to pounce on the other side for their stand. But is that all that morality is about?

Sex? When most people talk about or think about morality or immorality, they think about sexual immorality. Those two topics are the ones that get so much attention: who you choose to have sex with, and the results or consequences

that sometimes follow. But what else is morality about and why don't we hear more about those other issues?

During the conventions and debates in the U.S. election the phrase "middle class" was probably used more than any other. Now certainly a strong middle class is good for a country but Jesus never talked about the middle class. In Matthew 25 he said, "What you have done to the least of these, you have done

Immorality is about more than sexual immorality. Our financial and political choices can be immoral when they ignore the plight of the sick, the vulnerable, the weak, the elderly, the stranger, the refugee, the hungry and thirsty, the prisoner, all those who Jesus would call "the least of these."

What about the morality of war? Sometimes, unfortunately, war seems to be inevitable but sometimes politicians send our young men and women into wars that are unnecessary and wrong, We often seem quick, and on occasion even eager, to look for military solutions to conflicts rather than diplomatic means

What about the morality of our environmental stewardship or lack thereof? Americans especially talk about reducing their dependence on foreign oil. It would be better for us all to questions our dependence. even addiction, to oil and other fossil fuels that threaten the future of our grandchildren, and especially those in the poorest nations, with dramatic climate change

I asked earlier how religion and the church here in North America provide moral education. I'm not so sure that's something we're directly involved in at my church. We don't bave classes in morality, in what to do and what not to do. I don't wag my finger from the pulpit when I'm preaching with "now don't you dare..." or anything like that. I try, in my preaching, to proclaim the Gospel, the Good News of what God has done and is doing for us. We certainly hear the stories and teachings from scripture about what God would have us do and not do as followers of Jesus. Preaching is also about God's law and teachings that drive us to Iesus, and convict us

and convince us that we need the Good News of God's grace. Maybe we come at moral education kind of sideways. When we realize all that God has done for us then maybe we live a life of thankfulness that results in moral living. When we realize how much God loves us with a love that we don't earn or deserve then we'll live out that love in our lives as love for our neighbour. When Jesus was asked the morality question, about the most important of God's laws, he gave a two part answer. Love God, that's the most important, and a second is like it, love your neighbour. He also taught us the way to love God is by loving our neighbour. May this be so among us, and as we live out our lives by loving in this way we can't help but live moral

## COLUMN

## Enough already with the giant vegetables

ow that Halloween is over and the Royal Agricultural Winter ow that Halloween is over and Fair has closed and fall has begun its slide into winter and Mister Green Jeans has made no attempt to sprout out of the ground like a perennial, can we please, for the love of God and garden stop with those half-ton vegetables that require a licensed tow motor operator to pick?!?

Please! They're ugly, they're inedible and they can't fit inside the warehouses

Now this may sound like a personal peccadillo (and somewhere there's probably an over-sized one of those



growing as I write this) but unusually large vegetables are frightening. They're like The Blob; they just lie there looking at you eventually rotting and seeping evil in all directions.

A pumpkin the size of a convenience store may have been a real rarity a dozen years ago but now every farm I

drive by has a zucchini the size of a silo and a gourd that could double as the maintenance garage Last week John Vincent, a farmer

from Picton, delivered a 993-lb. squash to Prime Minister Stephen Harper's house at 24 Sussex Dr. in Ottawa. For a Halloween display, the half-ton squash was displayed at Harper's front door next to the 1.031-lb, pumpkin John also

Given his popularity with Canadians, Stephen Harper is apparently OK with vegetables on his doorstep as long as they're too big to be tossed.

see WILLIAM THOMAS | page 5

GENERAL NOTICE: The contents of this newspaper are protected by copyright and may be used only for personal, non-commercial purposes. All other rights are reserved and commercial use is prohibited. To make any use of this material you must first obtain the permission of the owner of the copyright.

For further information, contact Dave Johnson,

LETTERS TO THE EDITOR: Copyright in letters and other material submitted to the publisher and accepted for publication remains with the author, but the publisher and its licensees may freely reproduce them in print, electronic or other form.

## The world of giant vegetables is changing

#### FROM PAGE 4

Nothing new, Harper frequently surrounds himself with an assortment of garden-variety vegetables. They're known as his cabinet John, 'King of The 500-Kilo

Cumquat,' is known as "the world champion grower of giant vegetables." So protective is he of his property. John cut a hole in the bottom of that 993-lb. squash he

gave Harper and raked out the seeds which he then took back to his farm Wow! Stephen Harper stole billions from Canadians when he reneged on our income trust investments and now he can't be trusted with pumpkin seeds. What else don't we know about this guy?

My seeds are in high demand, says John proudly. John is not just a produce farmer; he's a "master giant vegetable grower" who hosts seminars in which he teaches green-thumbers how to grow a head of cabbage the size of a Jeep Cherokee

I'm looking at a photo of John kneeling beside and dwarfed by this massive cabbage and I'm thinking it would take one day for two Mexican farm labourers with machetes to turn this thing into coleslaw

Seminars? You could actually take a course on growing really

big vegetables? Yes, and when you graduate from the University of Giant Greens you receive a framed certificate that is so big, you can only hang it on the Great Wall of China.

No. sorry but this producing giant vegetables just naturally has to stop. As Canadians, do we want to be famous for growing a tomato that

really did eat Cleveland? Where will this all end? Will the John Vincents of the agricultural world not be happy until we have a corn stalk taller than the CN

Who You Are Insured With

Tower or a leafy carrot so big that it winds up on the White House lawn replacing the Christmas tree? No, this has got to stop. No civilized and developed nation should strive to

pepper that can be seen from the space station I don't think we've thought this thing

through, I mean

if we start growing

beans the size of bananas, Beano will have to be packaged in oil drums. Sorry but I just don't think the world is ready to witness a five-ton

eggplant on wheels in a fight-tothe-death demolition derby with the Oscar Mayer Wienermobile. OK, I'd pay 25 bucks to watch that ... but still, it's wrong.

The squash John left on Harper's doorstep (and doesn't this routine cry out for the "paper bag on fire" trick) earned first place at this fall's Port Elgin Pumpkinfest.

I say currently because the world of giant vegetables is changing faster than the wind at a cow patty toss. Russia is rumoured to be developing a pumpkin that doubles as a nuclear aircraft carrier and Australia has grown a mango that serves as a Koala bear sanctuary and drinks beer from the bottle. Pumpkinfest? Really? With a

Pumpkin King and a Pumpkin Queen and a parade marshal shaped like a pie? Look, nobody wants to see

the secret recipe for this kind of miracle growing make the leap from vegetables to humans. A person twice as big as Herman Munster with the ego the size of Conrad Black and the reasoning power of Rob Ford would be a very dangerous creature ... no matter how desperately the Leafs would want to sign him. Let's remember The Jolly Green Giant did not die

His head was crushed by a 210lb. pea that accidentally fell off a 900-lb. bean stalk while Jolly was sleeping one off in the garden. Sorry but this industry of giant vegetables is not too big to fail. It is so ridiculously big it must fail. Let's get back to growing vegetables for the plate and not the double garage. As I said, they scare me.

www.williamthomas.ca

naturally.



Celebrating 53 Years as Tire & Mechanical Experts



TOURING **ROAD TOUR 655** ALL SEASON



grow.

DEDECRMANCE

RAPTIS HR1

WIDE STYLE

PERFORMANCE

REGULAR PRICE \$79.00 REGULAR PRICE \$139.00 SPECIAL STEELEN.

TERRA

TRAC AT

LIGHT TRUCK

PREMIUM

• PROFESSIONALS FOR 53 YEARS • 285 Killaly Street W., Port Colborne • 905-835-8832

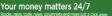
David Barrick

Sandy White 45 Clarence St. W. Port Colborne • www.vergeinsurance.com Auto • Home • Business • Marine • Life • Bonds

Save up to 30%! Call for a Free Quote & Compare! WHITES

# Doesn't Matter... Until It Does

THIS AD







If you find a cheaper price, simply show us and

we will match.

See Store For Details

November 23rd - November 29th, 2012









**Brent & Jenny's** | 53 West Side Rd. **NoFrills** Port Colborne

### ■ NFWSPAPERS

## **John Tobon new** Tribune publisher

#### In Port News Staff

WELLAND - John Tobon has been named the new publisher of The Tribune, Inport News and Pelham

Tobon, who was born in Colombia and moved to Niagara as a youngster, took over at The Tribune Wednesday. He joined Sun Media in 2010 as regional advertising director, based

out of The St. Catharines Standard. Tobon got started in the newspaper industry when he was 22 and attending Brock University.

I'm truly excited and honoured to take on the role of publisher. I'm looking forward to new challenges as well as working with a great team and community," he said.

Julia Coles has been named the ne advertising manager of The Tribune. She replaces Mike Cressman, who is now publisher at The Niagara Falls

Originally from Welland, Coles began her newspaper career with The Tribune and has held several advertising positions with The Standard for more than 20 years



"I am looking forward to both the opportunities and challenges in the newspaper business as it undergoes its continuing evolution," she said.

Ken Koyama is the new group publisher of the Brantford Expositor, Simcoe Reformer and three other titles.



## Cleanup at marine fuelling terminal lands

#### DAVE JOHNSON InPort News Staff

PORT COLBORNE - An environmental cleanup on the former Shell marine terminal lands at 12 King St. is underway

Verity Conrad, communications adviser for Shell Canada Ltd., said the company operated the marine terminal, used to fuel ships passing through the Welland Canal, until July 2007 and has since removed its assets.

As part of the decommissioning process Shell investigated the site conditions relating to its former use of petroleum storage operations, she said in an e-mail.

"Shell is currently executing a remediation plan to allow the property to be put back into productive

No Dental Referral Necessary

Colourful Braces, Clear Braces

Hidden Braces (Behind Teeth)

Invisalign Preferred Provider

Flexible Payment Plans

Complimentary Initial Examination

use. Shell is actively consulting with the Ministry of Environment and expects to have the majority of the site work completed by the end of

In 2005 the City of Port Colborne purchased the land on which the marine terminal sat. In early 2006 it decided to put the land up for sale. Nyon Marine Fuelling Corp. had proposed to put its own fuelling station on the property. Nyon was

negotiating with St. Lawrence Seaway Management Corp. on the fuel station, but no agreement was reached. The issue has been stagnant for the past few years and, in an e-mail, Mayor Vance Badawey said Nyon still owns the lands and no new proposals

have come before the city. dave.iohnson@sunmedia.ca

**BRACES FOR ALL AGES!** 

EXPERIENCE

AMATOVIO



An environmental cleanup on the former Shell marine terminal lands at 12 King St. in Port Colborne is underway, said a spokesperson for Shell Canada Ltd.

#### C2 ENTERTAINMENT PRESENTS



# Christmas with the Crooners

The smooth as silk favourites that transform snowy weather into a cozy and romantic night to remember.

Book your tickets today. Group bookings welcome.

SHOWTIMES 8:00 PM



A wonderful aift idea

TICKETS \$25 Applicable Taxes Extra

## DECEMBER SWINGS!

Port Stanley Saturday December 1 Port Stanley Festival Theatre 519-782-4353

Port Dover Friday December 7 Lighthouse Festival Theatre 519-583-2221

Port Colborne Saturday December 8 Roselawn Centre 905-834-7572

Learn the benefits of an orthodontic specialist at www.kamatovicortho.com

Dr. Michael Kamatovic

Certified Orthodonlic Specialis

5400 Portage Rd. 2nd Floor

(Across From G.N.G.H.)

Niagara Falls, ON L2G 5X

(905) 356-7919

(800) 267-7654

BOOK SOME HOLIDAY FUN TODAY

## Pharmacists



LARRY BOGG

## LAXATIVES AND CONSTIPATION

Very rarely does a day go by where there isn't a question about constipation from a patient stopping by the pharmacy. Most patients want to know what they should take that is available without a prescription.

Constipation is a symptom that occurs when waste moves too slowly through the body, resulting in stool that is dry and hard. This often makes it difficult and painful to pass.

Some medications such as antidepressants, water pills, and certain pain killers (such as Oxycontin and Codeine) may cause constipation.

The frequency of bowel movements varies from person to person, from as little as twice a week to a couple of times a day, and is affected by diet, medications, and exercise.

If you are having trouble going to the washroom, the first thing a pharmacist will usually recommend is increasing the amount of fibre in the diet by eating whole grains, fruits and vegetables. In addition, drinking at least 8 glasses of water will minimize constipation.

If these suggestions do not work, there are several options available to you.  $\label{eq:constraint}$ 

For short-term treatment of constipation, ( if you haven't been to the washroom in several days), a saline laxative such as Milk of Magnesia can be theid. Alternatively glycerin suppositories work quite well. If symptoms still do not resolve you could consider an enema with the advice of your physician.

Stimulant laxatives such as Dulcolax and Senokot can also be used to maintain regularity. If you are on long term narcotic therapy you may need to take these types of medications as long as you are taking the narcotics.

For long-term treatment of constipation, bulk-forming agents such as Metamucil or Prodelm Plain can be used. These bulk-forming agents increase the stool weight, allowing the stool to pass through the body faster and casses more frequent bowel movements. These agents typically take about 12-72 hours to take effect and are usually safe to use for long the control of the control o

For young children there are a few options. For immediate relief a pediatric glycerin suppositing can be tried. For chronic long left management PEG 3350 is often prescribed, or is available over-the-counter as LAX-Day. You should consult your family doctor however if you want to try an oral medication for a child suffering from chronic constituation.

If you are not having trouble going to the washroom, but you find the stool to be too hard and painful to pass, the pharmacist may recommend a stool softener such as Colace (docusate sodium) that will soften the stool for increased comfort.

Before deciding on a therapy, talk to a pharmacist and they can help you decide on a treatment that is right for you.

BOCCIO FIDA PHARMACY

FOR COLEOTNI

200 Corbinatine St., Part Colborne, ON

www.boggios.com

## INPORT NEWS THURSDAY, NOVEMBER 22, 2012

minPortbriefs
seasonal
affective disorder
workshop

PORT COLBORNE — For some people, the shortening days of late autumn are the beginning of a type of clinical depression that can last untill sorine.

This condition is called Seasonal Affective Disorder or SAD. SAD can be a debilitating condition, preventing sufferers from functioning normally. It may affect their personal and professional lives, and seriously limit their

Research has estimated that up to 15% of the general population may suffer from a form of SAD ive a productive life year-round.

Symptoms can include a a workshop to introduce healthy coping skills and options for adults living change in appetite with a craving for sweet or starchy foods, fatigue, decreased with, or who think they may energy, avoidance of social have, Seasonal Affective situations, and feelings Disorder of anxiety or despair. It is The workshop will be led by social worker. Len important to learn about the symptoms, and to know

Usorder.
The workshop will be led by social worker, Len Dykstra, and will be held on Thursday, Nov. 22, 6 p.m. to 7:30pm, at 177 King St. Port Colborne. To register, please call Gail at 289-479-



Portal Village Plaza

9 0 5 - 8 3 4 - 0 5 3 2 482 STEELE ST. PORT COLBORNE

## ■inPort triefs

**CANAL CLOSING DATE** PORT COLBORNE - The Welland Canal will remain oper until midnight Wednesday, Dec. 26, said the St. Lawrence Seaway Management Corp.

In a release, the seaway said vessels travelling through the canal after midnight on the 26th will only be permitted subject to prior written agreement made

through the St. Catharines office Vessels will be allowed to transit the canal up to 23:59 hours on December

30th, weather and operating conditions permitting," the release said.





**Roselawn Theatre Port Colborne** 905-834-0833

www.torontoallstarbigband.com



THE TRIBUNE

HOME



**CINEPLEX** 

CINEPLEX NIGHT OUT SUPER SOIRÉE CINEPLEX

Gift Certificate is good for 2 general admissions, 2 regular soft drinks and 1 regular popcom!

905-732-2412







STAY WARM THIS WINTER! START YOUR CAR FROM INSIDE YOUR HOME. 6 Button LCD Remote Starter with Alarr

Rog. \$199<sup>99</sup> 34-0746

THIS CHRISTMAS WARM UP YOUR SWEETHEART WITH A WARM CAR!!!

PRICE PROSTART INSTALATION

'SEE STORE FOR SPECIFIC PRICING PORT COLBORNE LOCATION ONLY

## NOW OPEN



## PORT COLBORNE MALL WESTSIDE ROAD, PORT COLBORNE

905-835-1155



## - STORE HOURS -

MONDAY TO FRIDAY: 8AM TO 9PM SATURDAY: 8AM TO 6PM SUNDAY: 8AM TO 5PM

11

## LAMPMANS FURNITURE

# November 23rd 9 AM- 9 PM

CLOSED - Thursday November 22nd at noon to prepare

# 40% OFF

- Selected Sofa's
- Love Seats
- Recliners

# 60% OFF

- Hutches & Buffetts
- Tables
- Fireplace entertainment units

# OF F Selected Items

Granite tables
 Corner Cabinets

All items on sale: Cash & Carry
Many Other Discounted Scratch & Dent & Pre Owned Items also on Sale

FREE DELIVERY



**LAMPMANS** 



728 Canboro Rd. Fenwick • lampmanfurniture.com • 892-4701

## Wainfleet joining provincial cycling and walking waterfront trail

InPort News Staff

WAINFLEET - A \$500 donation for marketing almost scared township council away from joining a provincial

cycling and walking trail Aldermen and city staff went back and forth for 20 minutes debating the cost of joining the The Lake Erie Waterfront Trail Township treasurer Robyn Madere said even though the township's miscellaneous

had \$167, other funds could come from other departments that have cash to spare.

The waterfront regeneration group wants to expand the trail to include all of Ontario's lakefront. It starts in Ouebec, comes into Ontario and spans cities along the water from Cornwall to Niagara-on-the-Lake. The Waterfront Regeneration Trust hopes to expand the trail

to end in Lakeshore, Ont.

in Wainfleet will go along Lakeshore

Rd. The trust will provide signs and the city will have to pay staff \$25 per sign to install them, at a total cost of \$225 from there south past Windsor

Ald. Richard Dykstra didn't want to commit to giving the

the small donation toward advertising for the trail annually because the township may not have the extra money down

the mad Alderman Betty Konc also had reservations.

"This may cost more than what it's saying in the report, she said. "What happens in 2013 - will we turn other people away?"

While Alds, Ted Hessels and David Wyatt supported the trail

Lakeshore Rd. is safe to advertise as a bicycle-friendly mad. But planning manager

Grant Munday fought to make council see the trail as part of Wainfleet's recreation master plan and a good way to bring people to the township. "Cycling is very popular in

the province and since cyclists can't carry very much they stop and take advantage of local shops and restaurants," he said. victoria.grav@sunmedia.ca He also said many cyclists Twitter: @VixevG

haven't been any accidents

Mayor April Jeffs backed Munday, saying it's important to follow the recreation master plan - and getting people to Wainfleet is a large part of it. "I think it will bring tourists

and it will be great for places along the trail, and there are a lot of people who bicycle," she

ACRYLIC



## SUPER SAVINGS EVENT!

THURSDAY NOVEMBER 22ND TO SUNDAY NOVEMBER



















LIMIT 2

**200 FITCH STREET WELLAND STORE ONLY!!!** 

# It's all about H20 to homes

MARYANNE FIRTH InPort News Staff

PORT COLBORNE - The lakeside city will soon have a nice set of pipes. Last week, council to Fielden Ave.; Snider St. awarded a watermain rehabilitation project to Stevensville-based Peters

Excavating at a cost of \$591,953 plus tax. The project includes replacement and reconnection of watermains on Clarence St. from Steele St.

and Elm St. from Main St.

W. to Rosedale Ave.

Also included is a service extension requested by the city's parks department at 550 Elizabeth St. off Wellington St. for watering the existing soccer fields. Eight contractors bid on from Fielden Ave. to Elm St.: the job. Peters Excavating offered the lowest bid.

Council previously

approved the watermain rehabilitation budget at \$500,000 with an additional \$20,000 allotted from the parks department budget for the service extension. The remaining funds, \$71,953, were recommended by staff to be allocated from the 2013 watermain rehabilitation budget. Construction is slated to begin in the spring and to be completed prior to the city's summer festival schedule. In a separate project. taken on by Niagara Region in partnership with the municipality, the watermain on Killaly St. between Knoll

and King Sts. will also be replaced next spring. The region will be reconstructing the roadway, with Port Colborne first tackling the infrastructure improvements.

maryanne,firth@sunmedia.ca Twitter: @mfirthTribune

Visit your Local Merchants

DENNIS O'REILLY CONTRAGING AND

Look no further to get professional results

- Remodeling the Niagara Region for the past decade - Dedicated to providing the finest quality of service and
- materials for your dollar
- Written warranties

Always a fast, friendly and FREE estimate "Don't settle on part time service"

Ph: 905-894-8599



To advertise here please contact.... Lisa at 905-732-2411 ext 286 or

email: lisa.collison@sunmedia.ca

# on service

## J. SNEEK PLUMBING

FREE ESTIMATES \* GREAT SERVICE \* GREAT RATES **CALL JOHN SNEEK** 

HOME: 905-834-2135 • BUSINESS: 905-964-2518



X Fitness Private Personal Training And Bootcamp Studio. Flexible Times And Rates To Suit Your Needs Training Includes TRX.

AY CAMP The Hottest Trend In Fitness Right Now. Call 905-329-1570

Or Visit Www.Xfitness.ca For More Details. Classes & Training are with Leeann Arcaro-King, C.P.T. and Creator of X FITNESS BOOT CAM



· Patio's · Stamp Concrete · Foundation Walls · Home Additions · Finishing · Sidewalks · Driveways

Call 289-821-0473



SERVICE UPGRADES REPAIRS USED COMPUTER SYSTEMS

250 Kent St. Port Colborne 905-834-6333

graham@scccomputers.com www.scccomputers.com



905-892-7787 Heating & Air Conditioning Residential - Commercial

PRIVATE PIANO LESSONS IN MY HOME

PIANO

Recreational or **Royal Conservatory** Methods

> Ages 6 And Up Call 289-836-8178 Clarence St. Pt. Colborne



## Are you laid off? **Unemployed?**

Need to retrain?

You may be eligible for SECOND CAREER funding Contact EMPLOYMENT SERVICES for information

905-834-3629

www.portcares.on.ca

## **OCCUPY THIS SPACE**

For Only **\$20**00 Per Week

Based on 13 Weeks

Call 905-732-2414 x.458



From left, Stefani Katulic-Ducharme, family and community program co-ordinator at Port Cares, with volunteers Jessica Jacobson and Candy Bell-Dionne, organize coats for the Koats for Kids and Adults program.

The Koats for Kids and Adults program distributes winter clothing every Monday and Friday between 1 p.m. to 4 p.m. until Dec. 14 at the former restaurant behind the Royal Bank building on Clarence St. in Port Colborne. Donations of gently loved and new coats, hats, gloves, scarves and boots for children and adults can still be dropped off at Lightheart's Cleaners at 388 Queen St. For more information call Port Cares at 905-834-3629 ext. 278.



Norbert Gieger » 905.835-215

Green Acres Greenhouses **Buy Your Poinsettias** Fresh From The Grower!

6 inch - Red. · 8 inch - Red. 10 inch - Red & Triple Colours Come See The Amazing Selection For Yourself! www.greenacresgreenhouses.ca

52424 Hwy 3, in Wainfleet (1.5 km west of Chambers Corners) Phone 905-899-1201

# on service



## **OCCUPY THIS SPACE**

For Only **\$20**00 Per Week Based on 13 Weeks

Call 905-732-2414 x.458

## GET ONLINE AND IN PRINT FOR \$399

FRESH, CREATIVE DESIGN CUSTOMIZED FOR YOU. Print and Promotional Design • Branding • Website Design • Logo Design

 Package Design • Vehicle Wraps and Custom Vinyl Decals • Catalogues, Books and Directories \* Labels \* Signs \* Diagrams \* Custom Photo Work

AND DESIGN

905-324-2141 · www.generatedesign.ca

### Basement, Bath & Kitchen John Warden

## Home Improvements

Quality Work @ Fair Prices

Cell: 905-399-2890

Renovations Big and Smal Hardwood Floorina Ceramics

 Laminate Paintina · Creative Decks & Fencing

Niagara Region iwarden58@amail.com

289-820-5421

we want to hear from you inport.news@sunmedia.ca or 905-732-2414.



## III HEART NIAGARA GIVES TO PORT

Port Colborne fire Chief Tom Cartwright accepts one of three defibrillators presented to the city Tuesday night by Heart Niagara, represented by executive director Karen Stearne.







MARYANNE FIRTH Staff Photo

## 25 YEARS OF SERVICE



MARYANNE FIRTH Staff Photo

Janice Peyton, executive assistant to Port Colborne's director of engineering and operations, is presented with an award for 25 years of service with the city. The award was presented by Mayor Vance Badawey. Equipment operator Steve Agoston was also honoured for 25 years of service, though he was absent from the presentation.

## John Warden

Home Improvements Quality Work @ Fair Prices

Renovations Big and Small Hardwood Flooring

· Basement, Bath & Kitchen

Ceramics

 Laminate Paintina

· Creative Decks & Fencing

jwarden58@gmail.com

Cell: 905-399-2890

Niagara Region 289-820-5421



## 3 Treatments For Only \$99+HST

estable food stop will be on site for d and will be graciously accepted, and clumbared locally by the Open Arma Mis

- Choose one from the following:
  - Upper Lip Bikini Line • Chin Neck
  - Cheeks Underarms
  - Reg Price \$70 \$100 per treatment Hair Removal Treatment for the





LASIK NIAGARA FALLS

Director of Aesthetic Services Celebrating over 20,000 procedures

lasikprovision.com 6800 Morrison St. 905.371.3217 or 1.888.510.2020

# classifiedextra.ca

Canada's largest and most trusted print and online classifieds network

Place it on classifiedextra.ca

Phone: 1-866-541-6757

Online: inportnews.classifiedextra.ca

Fax: 1-866-485-8461 Email: placeit@classifiedextra.ca

FREE 120 PAGE CATALOQUE from Hatfords, Butcher supplies, lastinar & creft supplies and animal control products 1-800-353-7886 or E-mail: glossle @ hatforhide.com or visit our Web Store: www.hatfordsmailcoder, 2010

HOT TUB (SPA) COVERS Bast Price Bast Quality, All Shappas & Coors Available, Call 1-866-652-6837

CANCEL YOUR

CANCEL YOUR TIMESHARE NO RISK program. STOP Mortgage & Maintenance Payments Today. 100% Money Back

Guarantee, Free Now, We can Help! 1-888-356-5248

bdrm Cozy besament, 500 first/last required I bills paid, Avail Nov 905-361-5840 1 DEDDOOL



in great family complex starting at \$850. Call 905-788-0010 or 1-800-946-8955 2 BDRM+, country living, ground \$, all bills paid, appl, Front & Beckyard, Parking, Non smoking, \$900 Avail Now 905-384-2481

2 BDRM Austin z BDRM Austin Terrace Apts Welland reno'd. Downtown, quiat, secura bidg. balcony From \$735 +hydro, Glann 905-736-4602

2 BDRM Princess Bay Apt's quiat location, ground fir, Irg priv, patto, parking, social & exercise rooms Glann 905-736-4600



parking, 1st/last Paul 1-868-704-1068



X/Location!

2 BDRMS on ground floor available. Spacious & quiet mature living. Balconies, laundry,

Balconies, lauridry, security entrance, close to Maple park, bus & shopping. Starting at \$939, 579 CLARE AVE. Call 1-888-472-1994 X Location!

2 BDRMS on ground for avail. Spacious & quiet mature living. Balconies, indry, security entrance, close to Maple park, bus & shopping. Starting at \$339, 579 CLARE AVE. Call 1-888-472-1994

KINGS MANOR on Glen Park Dr. 1 & 2 bdrm apts. Park like setting. Extra storage. 905-732-5371

LG SPACIOUS 2 or 3 bdrm apt, fridga, stova Avail immed. \$780 905 -714-4409. WELLAND 2 BDRM

available. \$500.+ gas & hydro. Freshly painted, newer carpets No pats. 905-899-6451

CONCORDE

LAREDO Floet officer Company Teams and Teams with APU, Flodge & Investor adult past of the Company of the Compa Drivera Wanted AZ DZ, 3 or 1: Of course. No more dimbing stairs, No more Tarrific carear opportunity with outstanding growth potential to learn how mowing the lawn, No shoveling snow shoveling snow instead... A spacious to incete reil defects

using non-destructive tasting. Plus extansive paid travel, meal allowanca, 4 waaks For a visit please call 905-734-6197 155A Hagar Street racation and heritis pkg. Skillads Naads Ablity to travel 3

Ability to travel 3 months at a time, valid license, High School Diptoms or GED. Apoly online at www.sperryreil.com under careers. Click hare to apply keyword: Driver DO NOT FILL IN CITY OR STATE. EOE

NOW HIRING FRAMING CREWS Call Ludy at (905)730-8753

K.A.M TRUCKING INC.

NOW HIRING

1) CLASS AZ HIGHWAY COMPANY DRIVERS / LOCAL COMPANY DRIVERS

Fair and aquitable dispatch, we work In a team environment.
Trip - 2 to 3 days, paid picks & drops Must be able to cross the border \$1000 Sign on Bonus - Conditions

2) CLASS A or 310T MECHANIC

Full time position Truck and trailer experience an asset Applicants must be willing to work various shifts and hours

We offer a competitive wage package with full benefits after 2 months. Call Karl 8am - 5pm ⊕ 905-658-2420 or fex resume to 905-899-3499 or email karl@kamtrucking.com

## terling Inn & Spa

Celadon Canada, we have the right fleat for youl Our Lifestyla Fleat offers guarenteed WEEKENDS OFF with Available \$11.79/hou 40 hrs/wk, Flexible runs to our Indy terminal and back Monday -Finday: Our DEDICATED LAREDO Fleet offers Company Teams days, shifts, evening & weekend schedul Must be willing to work under pressure.

pleasant attitude. Fax: 289-292-0001 or email: info@

HAVE YOU BEEN DENIED

The Disability Claims Advocacy Clinic can help. Contact Allison Schmidt at 1-877-793-3222 www.doac.ca

MEDICAL OFFICE SPACE FOR LEASE In Niegara Fail

Call for more info

SAVE A TREE! Please Recycle **Your Paper!** 

## **Public Notices**

REMOVE YOUR CRIMINAL RECORDS

our sarvices since 1989. BBB A+ rating. US Welvar allows you to travel to the US, or apply for a Record Suspension (Pardon)-professional & affordable call 1-8-NOW-PARDON (1-866-972-7398) www.RemoveYour Record.com

TRUE PSYCHICS

nswars CALL NOW 24/7 Toll FREE 1-877-342-3032 Mobile: #4486 ww.truspsychics.cs

Pay Per Call LOCAL HOOKUPS BROWSE 4 FREE 1-888-828-8790 HOT LOCAL CHAT

1-877-290-0553 Mobile #5015 1-866-732-0070

WE'VE

COT YOU

COVERED

Call, fax, e-mail or go online today to place your ad with Canada's largest and most to start print and online classifieds network

1-888-786-7821 Fax: 1,886,757,0227 E-mail:

placeit.sur @classifiedextra.ca Online: classifiedextra ca classifiedextra.ca



## **Network**

## ADVERTISE ACROSS ONTARIO OR ACROSS THE COUNTRY!

## For more information contact your local newspaper.

WANTED WANTED: OLD TUBE AUDIO EQUIPMENT, 40 years or older, Amplifiers, Stereo, Recording and Theatre Sound Equipment, Hammond organs Any condition no floor model consoles. Call Toll-Free 1-800-947-0303 / 510-853-2157

#### BUSINESS OPPS.

SILVER CROSS franchisees operate a business that sells & installs accessibility & mobility equipment for residential applications Franchi sees required for: Etobicoke, North York, Peterborough, Belleville, Kingston, Cornwall, Sudbury, Sault Ste. Marie, Thunder Bay, Norti Bay, Owen Sound, Parry Sound Gravenhurst, Pembroke, Brockville, Smith Falls. For franchise information CALL 1-800-572-9310.Email: smurray@silvercross.com or visit: www.silvercrossfranchise.com.

#### PERSONALS

ARE YOU COMING HOME to the dog/cat every night? Wouldn't an attractive, interesting person better? CALL MISTY RIVER INTRODUCTIONS TODAY! (416)777-6302. (705)734-1292. www.mistyriverintros.com

WEIGHT NO LONGER! Herbal Magic will help you Lose up to 20 lbs by New Year's Eve - Proven Results! Call NOW 1-800-854-5176 DATING SERVICE. Long-term/short

term relationships, free to try! 1-877-297-9883. Talk with single ladies. Call #7878 or 1-888-534-6984. Talk now! 1-866-311-9640 or #5015. Meet local single ladies. 1-877-804-5381. (18+) TRUE PSYCHICS! A Answers call now 24/7 Toll Free 1-877-342-3036; Mobile #4486; (18+) \$3.19/minute;

#### http://www.truepsychics.ca CAREER TRAINING

LEARN FROM HOME. EARN FROM HOME Medical Transcriptionists are in demand. Lots of lobs! Enrol today for less than \$95 a month 1-800-466-1535 www.canscribe.com admissions@canscribe.com



#### SHOP MANAGER IMMEDIATE FULL TIME

· Welding, Metal and Fabrication knowledne en geset Minimum 2 years Manager

· Competitive wages & Full Benefits Eileena Haynes 308-634-8388

Eileena Haynes@doallind.com Fax - 308-634-8389 FLUID POWER MECHANIC Immediate Full Time Position/s

available for our Hydraulic Division Able to · Read blue prints, schematics & technical drawings. Assemble. dismantle, repair & reassemble drilling rig hydraulics. . Conduct tests with knowledge of drilling rig components. · Operate pneumatic tools, test

 Valid driver's license MANDATORY. · Experienced in fluid pov specialist, or millwright. Relocation Assistance available

F-mail Eileena.Havnes@do or fax 306-634-8389 Attn: Fileens

FOR SALE #1 HIGH SPEED INTERNET \$28.95 / Month. Absolutely no ports are blocked. Unlimited Downloading. to 5Mps Download and 800Kbps Upload, ORDER TODAY AT www.acanac.ca or CALL TOLL-FREE 1-866-281-3538

SAWMILLS from only \$3997 - MAKE MONEY & SAVE MONEY with your own bandmill - Cut lumber any dimension. In stock ready to ship. FREE Info & DVD www.NorwoodSawmills.com/400OT 1-800-566-6899 Evt-4000T

#### EMPLOYMENT OPPS

EXPERIENCED PARTS PERSON for a progressive auto/industrial supplier Hired applicant will receive top wages, full benefits and RRSP box es plus moving allowances. Our 28 000ft2 store is located 2.5 hours N.E. of Edmonton, Alberta. See our community at LacLaBicheRegion.com. Send resume to: Sapphire Auto, Box 306. Lac La Biche, AB, T0A 2C0 Email: hr@sapphireinc.net

PART-TIME JOBS - Make your own schedule, sell chocolate bars to make \$\$\$, decide where and when you sell, start and stop when you want. Tel: 1-800-383-3589. www.chocolatdeluxe.com

NEWSPAPER EDITOR/REPORTER -Indesign knowledge, strong writing, verbal skills required. Apply with sample writing/photography with resume and references. For more information contact. Clark Pepper Publisher cpepper@shellbrookchronicle.com THE YUKON NEWS is seeking an experienced editor. We are located in Whitehorse, Yukon, are independent ly-owned and publish twice weekly. Salary begins at \$75,000. Please

see www.yukon-news.com/editor for details ACCESSORIES INSTALLER/JOUR-NEYMAN TECHNICIANS, Hanna Chrysler Ltd. (Hanna, Alberta) needs a few more good people. Busy, modern shop. Competitive wages, benefits. Great community, Inquire or send resume. Fax 403-854-2845; Email Chrysler@telusplanet.net

VACATION/TRAVEL HAWAII ON THE MAINLAND, healthy low-cost living can be yours. Mod Arenal Maleku Condominiums, 24/7 secured Community. Costa Rica "friendliest country on earth"! 1-780-952-0709; www.CanTico.ca

ANNOUNCEMENTS NOMINATE an outstanding your rson, aged six to 17, for the 2012 Ontario Junior Citizen of the Year Awards before Nov. 30. Nomination forms at www.ocna.org/juniorcitizen from this newspaper, or call 905-639-8720 ext. 239. Recognize our leaders

#### FINANCIAL SERVICES



GET CASH FASTI For your Jewelry, Diamonds, Luxury Watches, Designer Bags, Apple Electronics SELL them or GET a LOAN at:

www.PAWNUP.com or CALL 1-888-435-7870 Online Pawn Shop, without leaving

\$\$\$ MONEY \$\$\$ FOR ANY PURPOSE!!! WE CAN HELP Decrease payments by 75%! 1st, 2nd & 3rd Mortgages & Credit lines. Bad credit, tax or mortgage arrears OK. Ontario-Wide Financial Corp. (LIC# 10171). Toll-Free 1-888-307-7799. www.ontario-widefinancial.com.

MoneyProvider.com. \$500 Loan and +. No Credit Refused Fast, Easy, 100% Secure, 1-877-776-1660

#### AUTOMOTIVE

Vehicle buyers are ONLY protected by OMVIC and Ontario consumer protection laws when they buy from registered dealers. There's no protection if you buy privately and you risk becoming victim of a curbsider. To verify dealer registration or seek help with a complaint: www.omvic.on.ca or 1-800-943-6002

#### ADVERTISING

REACH MILLIONS OF CUSTOMERS IN ONTARIO WITH ONE FASY CALLI Your Classified Ad or Display Ad would appear in weekly newspapers each week across Ontario in urban, suburban and rura areas. For more information Call Today Toll-Free 1-888-219-2560 Email: k.magill@sympatico.ca or visit: www.OntarioClassifiedAds.com

#### MORTGAGES

AS SEEN ON TV - 1st 2nd Home Equity Loans, Bad Credit, Self-Employed, Bankrupt, Foreclosure, Power of Sale or need to Re-Finance? Let us fight for you because "We're in your corner!" CALL The Refinancing Specialists NOW Toll-Free 1-877-733-4424 (24 Hours) or click www.MMAmortgages.com (Lic#12126)

1st & 2nd MORTGAGES from 2.65% VRM. 3.04% 5 YR. FIXED. All Credit Types Considered. Let us help you SAVE thousands on the right mortgage! Purchasing, Refinancing, Debt Consolidation, Home Renovations...Call 1-800-225-1777, www.homeguardfunding.ca (LIC

\$\$\$ 1st, 2nd, 3rd MORTGAGES -Debt Consolidation, Refinancing, Renovations, Tax Arrears, CMHC fees. \$50K you pay \$208.33/ month (OAC). No income, had credit. power of sale stopped!! BETTER OPTION MORTGAGES, CALL TODAY Toll-Free 1-800-282-1169, www.mortgageontario.com (LIC# 10969)

#### DRIVERS WANTED EXPERIENCED DRIVERS & OWN-

ER-OPERATORS NEEDED for Flathad & Van Work Must be able to cross border. Home Most Weekends EXCELLENT PAY & BENEFITS CALL Willie @ 1-800-565-3634 Ext. 244 or Fax resume to: 905-563-0899. LAIDLAW CARRIERS VAN DIVISION require experienced AZ licensed drivers to run the U.S. Premium mileage rate. Home weekly. New equipment. Also hiring Owner Operators, 1-800-263-8267

#### NOTICES RETIREMENT HOMES IN ONTARIO

MUST BE LICENSED. To check the licence status of a home visit the Public Register at www.rhra.ca. Resident Rights are in place. To report harm or risk of harm to residents call the Retirement Homes Regulatory Authority at 1-855-ASK-RHRA.

Connect with Ontarians - extend your business reach! www.networkclassified.org



## New Mercedes-Benz ambulances ready to roll

KARENA WALTER QMI Agency Niagara

ST. CATHARINES - Taller. sleeker, smarter ambulances are starting to hit the region's roads in a move Niagara Emergency Medical Services expects will save money and leave less of an environmental

footprint "We're excited about these new vehicles. There's a lot of benefits," said Allen McKay, Niagara EMS associate director of administration. "They're a safer vehicle for our medics and it's going to be a more comfortable ride for our

patients" McKay, who's in charge of the EMS fleet, said nine new ambulances will be on the road by the end of November or early December as part of an annual replacement process that sees ambulances 4 1/4

to five years old replaced But this year, Niagara EMS has gone with a different auto-



Photo courtesy Niagara EMS New ambulances such as this one are starting to hit

maker, opting for Mercedes-Benz over Ford since Ford

Niagara's roads.

has discontinued its model equipped with a diesel engine. McKay said Niagara EMS wanted to stick with diesel because it offers better fuel mileage and longer engine life. After putting out tenders, it chose the Mercedes-Benz model from a vendor in Saskatchewan

Niagara EMS has 38 ambulances that cover the entire region and eventually they will all be decommissioned

for the new models. McKay said at any given time, there are 22 ambulances on the road and 26 at peak capacity. They drive more than two million kilometres a year and answer more than 80,000 calls.

"It does take the wear and

tear on our vehicles." McKay said the new vehicles are cleaner, with zero emissions and have better anti-lock brakes, stability control, front-impact airbags and a security system in which the ignition is

They also require less frequent preventative maintenance, at 10,000 or 12,000 kilometres versus the current 6.000 kilometres.

The smaller vehicles are taller so medics are able to stand - a problem for some of the taller members of Niagara EMS in the older vehicles.

McKay said the chassis cost between \$140,000 and \$150,000 - the majority of the cost being the conversion of putting the box on the back

"The cost benefits to going with this platform are just overwhelming," McKay said.

"When you're driving over two million kilometres a year over our region, which

is 1,850 square kilometres, that's a huge geography to cover with 38 ambulances. It made sense to move in this direction, look at doing things differently and trying to save money." McKay said there won't be

significant fuel reductions in the first year because there are only nine models on the road, but as more vehicles are replaced, fuel and repair maintenance savings should he realized By the end of the week,

three of the new-style ambulances are expected to be in service. The rest are at the fleet centre in Welland, where they are being commissioned to be put on the

It's a process that takes about two weeks per ambulance, as radio packages and provincial infrastructure is Niagara EMS fleet

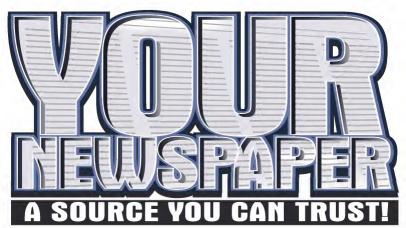
moved from the old vehicle into the new

While it usually takes about a year from ordering a new ambulance to having it on the road, McKay said it's taken a little longer this time because Niagara EMS had to train all 300 of its paramedics to use the new configuration at the back of the ambulance.

karena.walter@sunmedia.ca

covers in a year calls Niagara EMS responds

to in a year ambulances in the





## GENESIS TODAY'S PURE GREEN COFFEE BEAN WITH Svetol® FOR CLINICALLY PROVEN WEIGHT LOSS SUPPORT!

Scientifically proven to support healthy weight loss, 400 mg of the key ingredient Svetol<sup>®</sup> is included in every daily serving of Genesis Today's new Green coffee Bean with Swotol<sup>®</sup>

Plus, Genesis Today adds even more pure Green Coffee Bean (GCB) extract that is standardized to contain a minimum of 50 percent total chlorogenic acids per serving for

- standardized to contain a minimum of 50 percent total chlorogenic acids per serving tan overall potent blend of all-natural weight loss support.

  Contains scientifically-proven Syetol®
- Over 45% chlorogenic acids for the ultimate weight loss support!
- 100% Pure with NO fillers, binders or excipients!
   Developed by the trusted world leader in
- healthy superfood supplements!

  Clinical studies demonstrated that the
- Clinical studies demonstrated that the average Svetot<sup>®</sup> user lost nearly 6% of her body weight in only 60 days!

#### WHAT IS SVETOL®?

Svetol® is a form of Green Coffee Bean extract that features a unique process that extracts the most potent chlorogenic acids thought to promote healthy weight loss. It's the Sevetol®s proprietary ratio of the key chlorogenic acids that are responsible for Svetol®s chically-studied weight loss success.

The years of science behind this incredible, all-natural impedient are scient in the results. One recent study on Sevet38 revealed that participants were look 460 mg of Sevet38 revealed that participants were look 460 mg of Sevet39 personal and lost internetly 6 person of 1641 body weight and Additional studies have also shown that Sevet38 can support healthy blood sugar levels, which is the mechanism of action that is thought to promote weight loss. Sevet09 works which curies excess glucose (blood sugar) in the blood stream that will turn to fait. Also, without excess glucose is proceed to support in the seven of the sev



The simple answer is that Switch' is a "brand name" of green coffee bean extract, whereas our original Green Coffee bean rectract, whereas our original Green Coffee bean product features agenetic green coffee bean raw material. Both are incredibly potent products and are loaded with over 45% chlorogenic acids, term of healthy green order. Beat products to drien absolutely zone that products or drien absolutely zone that products or drien absolutely are sufficiently product to clima for selection of the control of the control



- The whole herb is used to provide the natural synergy of active ingredients
- Gently steam distilled for maximum
   purity and potency
- Minimum 80% carvacrol

guaranteed

HOT PRICE!







TO DOCUMENT

101 CLARENCE STREET
(ccross from Food Bosics)

111 #20 EAST (Across from Sobeys)

www.healthycupboard.ca • healthycupboard@gmail.com